



September-October 2009

# Murray Parks and Recreation

## RECREATION



- Grant Elementary ..... 801-264-7416
- Heritage Center (Senior Programming) ..... 801-264-2635
- Hillcrest Jr. High ..... 801-264-7442
- Horizon Elementary .... 801-264-7420
- Liberty Elementary ..... 801-264-7424
- Longview Elementary .. 801-264-7428
- Ken Price Ball Park .... 801-262-8282
- Miss Murray Pageant (Leesa Lloyd) ..... 801-446-9233
- McMillan Elementary .. 801-264-7430
- Murray Area Chamber of Commerce. .... 801-263-2632
- Murray Arts Advisory Board (Mary Ann Kirk) ..... 801-264-2614
- Murray Boys & Girls Club ..... 801-268-1335
- Murray City Cemetery... 801-264-2637
- Murray Community Education..... 801-264-7414
- Murray High School .... 801-264-7460
- Murray Museum ..... 801-264-2589
- Murray Parks and Recreation Office .. 801-264-2614
- Murray Parkway Golf Course ..... 801-262-4653
- Murray Park Aquatics Pool ..... 801-266-9321
- Mick Riley Golf Course (SL County) ..... 801-266-8185
- Parkside Elementary ... 801-264-7434
- Riverview Jr. High ..... 801-264-7446
- Salt Lake County Parks and Recreation ..... 801-468-2560
- Salt Lake County Ice Center..... 801-270-7280
- The Park Center..... 801-284-4200
- Viewmont Elementary .. 801-264-7438

### FALL BOYS TOP FLITE BASKETBALL LEAGUES

Murray Parks and Recreation is offering competitive Fall Basketball Leagues for 5th, 6th, 7th and 8th grade divisions. There is limited space available, so submit a roster and the team fee of \$300 by October 7 to insure your spot. Teams register as pre-formed teams and supply their own jerseys with certified officials calling the games. Leagues begin October 19 and games will be played at Riverview Jr. High School. Call Murray Parks and Recreation at 801-264-2614 for more information and get a competitive start to the basketball season.

### TGA LEARN TO GOLF

The premier junior golf program will be holding learn to play sessions at Parkside, Grant, McMillan and Longview Elementary School this fall. All equipment is provided along with professional instruction in a fun, safe environment. The TGA program is for all students kindergarten through 6th grade. Cost for the six weeks of instruction is \$85 and you can register at Murray Parks and Recreation. Call 435-640-4808 for more information.

### THE HAUNTED TRAIL

Murray Parks and Recreation will be sponsoring the annual Haunted Trail in Murray Park. This haunted trail is designed for children 12 years of age and under. Families are welcome to attend. Cost is \$1.50 per person. The trail is located in the woods behind Pavilion #5 in Murray Park. Tickets can be purchased on the night of the event at the Concession Stand. All survivors will receive a doughnut and cup of hot chocolate. Spooks and ghouls from ages past will be in attendance along the trail. Hope to see you there if you dare.....

### GIRLS FALL VOLLEYBALL

This program is designed for girls in 2nd - 9th grades. The program will emphasize skill development, instruction, clinic, and game competition. In addition to games, there will be weekly practices. Participants will play in the following divisions: 2nd-4th (instructional), 5th & 6th (recreational), 7th - 9th (competitive). Practices begin: TUESDAY, SEPT. 22. GAMES BEGIN MON, SEPT. 28. Skills clinic on Friday, September 18 for all girls.



Dates: September 28-October 28  
 Place: Hillcrest Jr. High  
 Nights: Mondays & Wednesdays Games, Tuesdays Practice  
 Cost: \$35 Resident, \$45 Non resident  
 Grades: 2-4, 5-6, 7-9 competitive  
 Register: Murray Parks and Recreation Office in Murray Park or register online at [www.mcreg.com](http://www.mcreg.com)  
 Deadline: Wednesday, September 9, 2009 This deadline will be extended.

### GIRLS & BOYS OPEN VOLLEYBALL

Open Volleyball is for youth who want to play in an organized setting to improve their skills.  
 Place: The Park Center  
 Ages: 12-18  
 Day: Tuesdays  
 Time: 3:00 to 5:30 p.m.  
 Cost: 1st two weeks are complimentary

### ADULT COED 6's HALLOWEEN VOLLEYBALL TOURNAMENT

Date: October 30 & 31  
 Cost: \$150 per team  
 Place: The Park Center  
 Deadline: Friday, October 23, 2009  
 Time: Friday starting at 6:00 p.m., Saturday starting at 8:00 a.m.

### BOYS FLAG FOOTBALL

Murray City is now taking sign ups for it's Youth Flag Football program. If your in grades 2<sup>nd</sup> through 6<sup>th</sup>, you can play in this fun, fast and exciting league. If you like to run, catch, punt, kick, block, play defense, and score touchdowns, then this is the program for you! Don't miss out on the fun, sign up today!  
 Start Date: Saturday, September 26, 2009  
 Days: Tuesday nights & Saturday mornings  
 Place: Murray Softball Field  
 Cost: \$35 resident, \$45 non-resident, \$5 late fee after deadline  
 Games: (8 - 10)  
 Grades: 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>  
 Deadline: Friday, September 11, 2009  
 This deadline may be extended.

### JR. JAZZ BASKETBALL FLAG FOOTBALL 101

Flag Football 101 is part of the learn to Play Sports Program. Murray City Parks and Recreation is committed to making sports fun for kids. This program will help teach kids the basic skills necessary to play football. Boys and Girls are encouraged to participate. It's fun, safe, exciting and promotes being active and healthy. Flag football belts will be used. A parent is required to attend each session with their child.  
 Dates: Saturday, September 26-October 31  
 Place: Cove behind the Park Center in Murray Park  
 Cost: \$35 resident, \$45 non resident  
 Grades: Kindergarten & First Grade  
 Times: 9:30 a.m., 10:30 a.m., 11:30 a.m.  
 (Sign up for the time session you want. Only 16 max per session)  
 Deadline: Deadline extended until sessions are full.  
 Register: Murray Parks and Recreation Office in Murray Park or online at [www.mcreg.com](http://www.mcreg.com)

Jr. Jazz Basketball is for boys and girls in grades 2nd-12th. Learn Sportsmanship, improve your fitness and have lots fun. Play eight games. Games are played in the Murray area at local schools. Boys and Girls play in separate divisions. The program features weekly practices, games, Utah Jazz Player Appearance, and the opportunity to go to a Jazz Game. Sign up today to participate in the Jr. Jazz Program. Registrations start at the end of October.

Dates: January 9-March 6  
 Days: Saturdays  
 Locations: Hillcrest Jr. High, Riverview Jr. High, The Park Center, Murray High School  
 Grades: 2nd-12th  
 Cost: \$50 Residents, \$60 Non-residents  
 Deadline: Wednesday, December 2, 2009  
 Register: Murray Parks and Recreation Office, The Park Center or online at [www.mcreg.com](http://www.mcreg.com)

### Hoops 101

This is an introductory class to basketball as part of the Learn to Play sports program. The program features instruction emphasizing skill development set to the sport. Each week includes a skills clinic followed by a game. A parent is required to attend and participate to assist with learning and positive reinforcement. This is a six week program. Register at the Recreation Office or the Park Center. We will start taking sign ups at the end of October.  
 Dates: Jan. 9-Feb. 13  
 Cost: \$30 Residents, \$35 non residents  
 Days: Saturdays  
 Times: 9:00 a.m., 10:00 a.m., 11:00 a.m. and 12:00 p.m.  
 Register: Murray Parks and Recreation office in Murray Park  
 Grades: indergarten and 1st grade (Boys and Girls)  
 Deadline: Wednesday, December 30, 2009



**Paid for by the  
Murray Parks and Recreation**



September-October 2009

## CULTURAL ARTS



### CALL FOR AUDITIONS AND ENTRIES

#### Juried Arts and Crafts Show Call for Entries

Local artists residing in Murray are encouraged to submit entries in painting, graphics, photography, ceramics, woodwork, and crafts (i.e. needlework, jewelry) on Wednesday, November 4 between 4:30 and 7 p.m. at the Murray Library auditorium. Cash awards will be given to first place winners in professional and amateur divisions as well as the popular People's Choice Award. Entry forms can be picked up at the Parks Office or phone 801-264-2614.

**Ebenezer Scrooge Ballet** individual auditions can be arranged no later than September 30. Auditions are limited to those who have intermediate ballet training (pointe shoes) ages 14 and up and adult men and women for character parts with some dancing required. Contact Susan Wright at 801-266-5999.

### UPCOMING EVENTS

#### Winter Community Art Pass on Sale September 14

The 2009-2010 art pass provides entrance to a variety of community and school cultural performances. The season will kick off on Saturday, October 24 with the Murray Symphony. The season pass can be purchased beginning September 14 at the Murray Parks Office for just \$39 adults, \$34 seniors, \$25 students, and \$120 for an immediate family of up to 6. Individual tickets can be purchased at the door only. Prices vary for each show.

**Miss Murray Pageant** is set for Saturday, Sept 12 at 7 p.m. at Murray High. The evening titled "Electricity" will feature nine contestants. Tickets can be purchased at the door for \$8.

**Celebrate Museum Day** statewide celebration is set for Saturday, September 26. Murray's Museum is open that day from 10 a.m. to 2 p.m. If you haven't had an opportunity to visit the museum, come and learn about Murray's history. This is a great activity for scouts! Phone 801-264-2638 for schedule a tour. Walk-ins welcome anytime.

**Adult Juried Art and Crafts Show** featuring local artist is set for November 6-23 at the Murray Public Library. Entries are due November 4 between 4:30 and 7 p.m. The art show will open to the public on Friday, November 6 (10 a.m. - 5:30 p.m.) and continue Saturday, November 7 (10 a.m. - 5:30 p.m.) Monday, November 9 and 10 (4-8:30 pm), November 13-14 (10 a.m. to 5:30 p.m.), Tuesday, November 17 (4-8:30 p.m.), Friday and Saturday, November 20-21 (10 a.m. to 5:30 p.m.), and Monday, November 23 (4 to 8:30 p.m.). Awards will be presented on November 23 at 7 p.m.

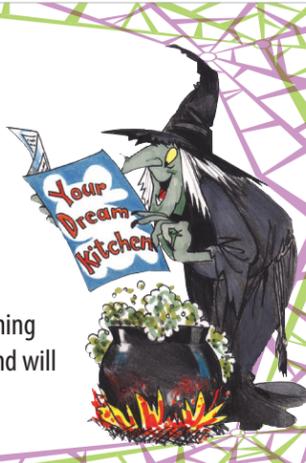
**Faces and Voices of Refugee Youth** photography exhibit will open to the public on Monday, October 5 from 6:30 to 8:30 p.m. in the Murray High School Library. This traveling exhibit was developed by the Center for Documentary Arts and portrays aspects of the history and culture of Salt Lake City's refugee children through the medium of photography and oral history. Students in grades 6-12 will also have an opportunity to visit the exhibit during school hours. Additional public viewing is scheduled for Wednesday, October 14 from 6:30 to 7:30 p.m., Saturday, October 17 from 2 to 4 p.m., and Tuesday, October 20 from 6:30 - 8:30 p.m.

**Steve James Assemblies** are scheduled during October and November, courtesy of Murray Cultural Arts. Using music from the Prevention Dimension Program from the Utah State Office of Education, a parent night will involve all elementary age children as part of Red Ribbon Week Celebrations. Assemblies and Parent Night programs are scheduled as follows:

October 6	Horizon at 2 and 7 p.m.
October 7	Grant at 2:15 and 7 p.m.
October 8	McMillan at 2 and 7 p.m.
October 12	Liberty at 2 and 7 p.m.
October 15	Twin Peaks at 2 and 7 p.m.
October 16	Longview at 1:30 and 7 p.m.
October 19	Viewmont at 1:30 and 7 p.m.
October 21	Parkside at 2 and 7 p.m.
November 18	Woodstock at 2 and 6:30 p.m.

### HALLOWEEN WRITING COMPETITION

Students in grades 3-12 are encouraged to submit original Halloween poems, short stories (two typewritten pages), and limericks to the Murray Parks Office by 5 p.m. Tues, October 20. Student entries should include name, school, grade, and home phone #. Because of the number of student entries, the adult category was eliminated. Students will read their winning entries at the Murray Haunted Trails (October 26-27) and will be given free tickets to the trail.



## 2009-2010 MURRAY COMMUNITY ART PASS

Enjoy community and school related performances throughout the school year with a community art pass. **You can't beat the price!** This provides a great opportunity to expose a child to the arts - one on one! Individual tickets are sold at the door only. Dates and times may be subject to change.

### Winter Season

October 24	Murray Symphony	HJH, 7:30 p.m.
November 7	Murray Concert Band	HJH, 7:30 p.m.
November 12-16	<i>Wizard of Oz</i> , MHS Musical	MHS, 7 p.m.
November 19-23	<i>The Secret Garden</i> , CHS Musical	CHS, 7 p.m.
December 13	Messiah Sing-In, Murray Symphony	MHS, 7 p.m.
December 18-19	<i>Ebenezer Scrooge</i> , Ballet Ctr in Murray	MHS, 7 p.m., Sat Matinee 2 p.m.
January 9	<i>The Princess and the Pea</i> , MCT	HJH, 3 and 7 p.m.
January 13-15	<i>Broadway Review</i> , MHS Theater	MHS, 7 p.m.
January 18	Martin Luther King Concert	MHS, 7 p.m.
January 23	Murray Symphony Jazz/Swing Band	RJH, 7:30 p.m.
February 6	Murray Concert Band	MHS, 7:30 p.m.
February 25	Utah Choral Artists, MHS, CHS Choir Festival	MHS, 7 p.m.
March 4-8	<i>Up the Downstairs Case</i> , MHS play	MHS Little Theater, 7 p.m.
March 16-18	<i>Fairy Tale TBA</i> , Ballet Ctr in Murray	Murray Ballet Ctr, 7 p.m.
March 20	Murray Symphony	MHS, 7:30 p.m.
April 22-23	Murray Dance Company in Concert	MHS, 7 p.m.
April 24	Murray Concert Band	MHS, 7:30 p.m.
April 29-May 1	<i>A Midsummer Night's Dream</i> , Shakespeare	MHS Little Theater, 7 p.m.
May 15	Murray Symphony Concerto Night	MHS, 7:30 p.m.

### Season Pass Order Form

(available September 15)

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Adult @ \$39 \_\_\_\_\_ Student/Child @ \$25

\_\_\_\_\_ Senior @ \$34 \_\_\_\_\_ Family (up to six) @ \$125

Total Enclosed \$ \_\_\_\_\_

Make Check Payable to Murray City Arts  
5025 South State, Murray, Utah 84107





September-October 2009

## The Heritage Center 801-264-2635 ■ #10 East 6150 South

The Heritage Center, a recreational facility for persons 55+, is at 10 East 6150, Murray. The center is open Monday through Friday 8 a.m. to 4:30 p.m. and Thursday evenings until 10 p.m. Monthly newsletters are available at the center or on line at [www.murray.utah.gov](http://www.murray.utah.gov) detailing information on classes and services offered.

### LUNCH

**Lunch** is served Monday-Friday at noon. Reservations are necessary and must be made no later than 12:30 p.m. the day prior. Cost is \$3.00. A take out meal is available for \$3.50. The salad bar is available 11:30-12:15. Cost is \$1.50 for a small salad and \$3.00 for a large salad. In addition to the salad bar, soup is available during the fall and winter months for \$2.00 a bowl. No reservation needed for the salad bar or soup.

### HEALTH SERVICES

**Blood Pressures/  
Glucose Checks** every  
Thursday from 10 to Noon.



**Massage Therapy** every Friday from 8:15 a.m. to 1:00 p.m. Appointments are required. Cost is \$8 for 15 minutes, \$16 for 30 minutes, and \$36 for one hour.

**Toenail Clipping** - Oct. 1 from 9:00 a.m. to 10:30 a.m. Appointment required. Cost is \$5.00.

**Skin Cancer Screening** - Oct. 1 from 10:00 a.m. to Noon. Appointment required. Free. Sign up begins Sep. 1.

**Flu Shots** - Tuesday, Sep. 29 from 12:30 p.m. to 3:30 p.m. and Wednesday, Oct. 7 from 9:00 a.m. to Noon. No appointment necessary. Medicare Part B or Medicare Advantage Plan card required. Check with your insurance if you are not sure what plan you have. For those without Medicare coverage a donation of \$20 is required at the time of the shot. No appointment necessary but you may stop by the Center prior to the shot dates and pick up your registration form.

### TRIPS

Pre-Registration required for all trips. You may sign yourself and one other person up for trips. Space is limited. One week cancellation notice required for full refund.

**Murray Farmer's Market**, Fridays in September @ 10:45 (except September 11). Free bus ride.

**Greek Festival** Friday, September 11 @ 11:00 a.m. Cost is \$3. You buy your own lunch. Signup begins August 28.

**Wendover & Rainbow Casino**, Wednesday, September 15 @ 8:30 a.m. Cost is \$15.

**The Is the Place Heritage Park** Thursday, September 17 @ 10:30 a.m. Cost is \$10.

**Fall Colors**, Wednesday, September 30 @ 10:30 a.m. Cost is \$28.

**Tap Dogs, Kinsbury Hall**, Wednesday, October 7 @ 9:30 a.m. Cost is \$3. You buy your own lunch at Crown Burger.

**Tooele Senior Center for breakfast**, Wednesday, October 14 @ 9:00 a.m. Cost is \$5.

### DANCE

**Social Dance** - Thurs. 7-10 p.m. Music by Tony Summerhays. Cost \$4 per person.

**Line Dancing**: Tuesdays - Advanced @ 10:15 and Beginners @ 2pm. \$1.50 per class.

**Square Dancing**: Thur, 1:00-2:30 .pm. \$1.50 class.

### CLASSES

Call the Center for more information.

**Computer Classes**: Basic I, II, Internet, E-mail, Music, Facebook.

**Ceramics**: Instruction Mondays, Tuesdays, and Thursdays 8:30-noon. Fee \$1 per class. Greenware and supplies available for purchase.

**Crafts Group**: Tuesday's at 12:45 p.m.

**Let's Talk book discussion group**, Wednesday, September 16, October 21 and November 18 at 1:30 p.m.

**Life Stories** personal history class. Thursday, September 17 @ 2:00 p.m. Sign up at front desk.

**Painting class** continues with a new six week session beginning Tuesday, September 29 from 9:00 a.m. to Noon. Instructor is Sophia Esterman. Cost is \$30.

**Weight Watchers** - Thursdays 5:00 p.m. Membership required. Call for information on starting.

### SERVICES

**Attorney Consultations**: 3<sup>rd</sup> Wed of month 11:00-12:00 p.m. Appointments required. No Fee.

**Transportation** - The Center's bus runs on Wednesday and Friday for Murray residents. Cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application.

### EXERCISE CLASSES

**Stretch & Tone**: Tuesdays and Thursdays at 9:00 a.m.. Fee: \$15 per month, punch, or \$3.

**NIA**: Mondays and Fridays at 9:00 a.m. Fee: \$20 per month, punch, \$3.

**Strength Conditioning** Tuesdays and Thursdays at 2:00 p.m. Fee: \$15 per month, punch, or \$3.

**Yoga**: Wednesdays at 10:15 a.m. Fee: \$10 per month, punch, or \$3.

**Tai Chi**: Tuesday and Thursdays at 10:30 a.m. Fee: \$15 a month, punch, or \$3.

**Chair A-Robics**: on Wednesdays and Fridays at 11:15 a.m.

Fee: donations welcome.  
**Exercise Room**: Open daily with treadmills, recumbent bicycle, Elliptical, and weight equipment. Fee \$5 per month.



### RECREATION

**Pinochle**: Weekly tournaments on Wednesdays begin at 9:30 -11:30. Cost \$2 per week.

**Bridge**: Chicago/Party Bridge on Wed & Fri 1-4 p.m.

**Bingo**: Wed and Friday 12:45 p.m. - 6 card limit, donations are appreciated.

**Pool/Billards**: Open tables 8 a.m. - 4 p.m. No charge.

**Red Hatters**: Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thur. of the month @ 12:45 for BONKO & Hand & Foot.

**HUGS Computer Group**: Heritage Users Group for Seniors meets the 2<sup>nd</sup> Wed. month @ 1:30.

**Birthday Wednesday**: The first Wednesday of every month the center celebrates participants birthdays. If it is your birthday month, come and enter a drawing for a free center lunch.

**Remote Control Airplane Club** 2<sup>nd</sup> Thursday each month @ 7:30 p.m.

**Movies** - Every Monday at 1:00 p.m. Movies shown on our big screen. Call for specific titles. Free of charge.

**Golf** -September 14 @ 8:30 a.m. \$35. September 28 @ Meadowbrook @ 8:30 a.m. \$35. October 5 @ 5:00 p.m. Golf Banquet. Must register one week before the tournament.

**Patio Café** breakfasts continue through September on Wednesdays from 8:30 - 10:00 a.m. Cost if \$4 for complete breakfast or ala carte items available.

**Pen Pal** Program begins in October. Sign interest list at the Center.

### SPECIAL EVENTS

**Make A Connection** at the Heritage Center and help us celebrate *National Senior Center* month on Monday, September 14 from 5:00 to 7:00 p.m. A Hamburger or Hot Dog dinner is available for \$3 and advanced tickets are suggested. Dinner is FREE to those who have a Heritage Center participant card and \$10 for a family of 4. Free entertainment will begin with The Utah Old Time Fiddlers at 5:15 followed by James Riley at 6:00. The finale will be a concert by the Mountain Jubilee Chorus at 7:00 p.m.



**Oktoberfest**, Tuesday, October 17 @ 11:00 a.m. Cost is \$8. German style meal, pretzels, root beer and entertainment by **The Salzberger Echo**. Reserve your table at time of purchase. Tickets go on sale October 1.

**Wall of Support**. Add a tile to the "Wall of Support" in the Heritage Center courtyard. Become a part of the Heritage Center... forever! Purchase a tile with your own message. Call Center for more information.